

# THE ARROW OF MY LIFE

Thank you very much for downloading the second Psychology Bureau tool: THE ARROW OF MY LIFE. This is a tool for reflection, so keep in mind that you are going to remember experiences from your past that can be hard to relive. The aim here is that you can put the most significant experiences of your life on paper and see them from afar. See that despite everything you've been through, here you are today: wanting to get better and work on yourself. There is also a space for the future, so that you can materialize where you are going and most importantly: where you want to go. You can continue to build the arrow, and in times of darkness you can use it to gain strength.

## INSTRUCTIONS

1. Find a quiet place where you can sit for a while. It can be inside the house, a cafeteria or outside (field, beach, forest, terrace ...). Take a look around you and notice everything that involves nature: plants, flowers in a vase, the sound of rain, a ray of sunshine ...
2. Fill in the boxes (and the surroundings as well) with significant past experiences, recent experiences that you still feel very much alive ... At the top of the arrow are the positive things, at the bottom the negative. In the Present part, take the opportunity to also write how you are and feel right now: stopping and checking in the moment is always a good idea. In the Future let yourself go: write what you wish, what you want, your plans, even your next trips if you want. This is where our intentions and desires come to life and will end up becoming plans, strategies, and paths to follow.
3. When you're done, take a moment to lean back and look at what you've written, the work you've just done. It takes a lot of courage to do something like that, and here it is: your arrow of life.

## IMPORTANT

- Please remember that this is just a tool that can help you in times of stress or when you don't know how or where to start. This is not a magic fix that will solve the situation you are dealing with.
- Furthermore, this tool is not intended to replace any medical, psychological, therapeutic or coaching treatment. It is intended to help you clear your thoughts and feelings in order to decide the next step.
- If you can't finish the boxes or you feel unmotivated, that's okay. This is just one of the many things you can do. If it's not helpful, maybe it's not what you need right now and that will be fine.

## LET US BEGIN

After reading these instructions and guidelines, you are ready to go. Remember to be honest with yourself, putting up with your discomfort is not worth it anymore. So try to relax and enjoy the ARROW OF MY LIFE tool from Psychology Bureau. If you need help, don't hesitate to contact me via email [psychologybureau@gmail.com](mailto:psychologybureau@gmail.com) or via [www.instagram.com/psychologybureau](http://www.instagram.com/psychologybureau), and to share your experience with the hashtag #psychologybureau !

